

Welcome to Ellicott City 50+ Center



**9401 Frederick Road
Ellicott City, MD 21042**
Main Building Front Desk
410-313-1400

Fitness Center Front Desk
410-313-0727

Hours

**Monday - Friday
8:30 am - 4 pm**

Center Email

ellicottcity50@howardcountymd.gov

Newsletters Online

[www.howardcountymd.gov/
/ellicottcity50](http://www.howardcountymd.gov/ellicottcity50)

Volunteer Website

www.hocovolunteer.org

Facebook

www.facebook.com/HoCoCommunity

On-Line Resource Guide

[www.custommediaoptions.com/
digital/hocoresourceguide2017](http://www.custommediaoptions.com/digital/hocoresourceguide2017)

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July, August & September, 2018

Center Open House

**September 24 through 28
10 am-2 pm**

To commemorate **Active Aging Week**, the Center will take part in a week-long Open House to



provide potential members an opportunity to see the wonderful programs and services available here at the Ellicott City 50+ Center. Tell interested friends and neighbors to stop in from 10 am and 2 pm, Monday thru Friday, to get a personal tour of the Center, 50+ Fitness Center and Connections Social Day program. A Center information and resource packet will be available to all tour-goers.

Welcome to the New Quarterly Newsletter

The Center staff is pleased to present the first Ellicott City 50+ Center quarterly newsletter. In this issue and going forward, you will find an increased number of pages to make sure you are still getting all the information you need to join us for the programs and services you enjoy most. It is our hope that this format will give you extra time to plan

ahead to attend special events or sign up for classes.

For easy navigation, you will find an index in the bottom left corner of the Newsletter cover page.

Feel free to peruse the new layout and stop at the front desk with any questions. Staff is always happy to help.



General Information

Meet the Center Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Registrar	Jodi Bargamian
Registrar	Rodney Payen
Registrar	Javi Scott
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Fitness Coordinator	Michelle Rosenfeld
Nutrition Specialist	Amy Williams

Participation Guidelines

We welcome anyone 50 years or older to join Ellicott City 50+ Center activities. In order to ensure a healthy environment for all participants, members must follow a few guidelines to ensure all members' rights and needs are respected.

- ◆ Members must be physically and mentally independent and able to navigate their way through the Center. Those who need assistance must have a qualified companion or aid escort them at all times, provide personal assistance and abide by the rules of participation.
- ◆ Must be able to function in the Center without one-to-one assistance or supervision from staff. Must be able to move safely and independently through the Center.
- ◆ May not use language or behavior that is obscene, abusive, loud or insulting.
- ◆ May not harass or discriminate on the basis of race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Must maintain hygiene standards that do not constitute a health or safety hazard to others, or are offensive to others.

This is a partial list of 50+ Center guidelines. To obtain a set in its entirety, please inquire at the front desk.

Membership Registration

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet. Once membership is obtained, it is valid at all Howard County 50+ Centers.

Membership must be renewed on an annual basis and may require new forms to be completed. **An expired membership may prohibit you from enrolling in classes through the on-line process.** Check with the front desk to assure your membership is current prior to registering on-line.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.



Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

General Information

Transportation Options

Each member is responsible for their own transportation to and from the Center. The Center does not provide this service.

A transportation resource to the Center is available through Regional Transit Agency/ RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** and select option 3 for "mobility and RTA Ride Service". Visit the RTA website at www.transitRTA.com for more information.

Get Our Newsletter Electronically

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Constant Contact List.

Front Desk Volunteers

Volunteers are a vital part of the operation at Ellicott City 50+ Center. They are always needed at the greeting station of the front desk. Are you a "people person" who feels comfortable operating computers? If so, ask for details at the front desk. Can't commit to a lot of time? Sign up to be called as a substitute.



Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Meet the Connections Staff

Connections Director	Felicia Stein
Connections Asst. Dir.	Joyce Nagel-Mortell
Connections Asst	Margaret Fries
Connections Asst	Jill Rose

Connections Social Day Program at Ellicott City **Monday-Friday** **10 am-2 pm**

The **Connections Social Day Program at Ellicott City** is located within the main building of the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities.

The Connections program features activities that include seated exercise, bowling, musical entertainment, cooking, creative arts, trivia, games, stories, time with children, memory enhancement activities, educational programs, exercise and more. Members are offered a morning snack and a nutritionally balanced lunch.

Participants can choose the days they wish to attend and bus transportation can be arranged for a small fee. This is a fee-for-service program for eligible individuals. The cost of the day program is determined by the participants income; a sliding scale is available to Howard County residents.

Prospective members are welcome to spend the day as a guest with Connections to determine if the program fits their needs and if they are appropriate for the program. For more information or to schedule a visit, please contact Felicia Stein at 410-313-1425 or at fstein@howardcountymd.gov.

General Information

Meet the Center Council

President:	Gigi Rammling
Vice President:	Marian O'Byrne
Secretary:	Dorothy Biller
Treasurer:	Joe Strassner
Members at Large:	
Bill Amos	Carla Buehler
John Green	Marilyn Hartsell
Sajda Ilyas	Clark Jones
Nancy Miller	Mark Shimshak
Christopher Williams	
Member Emeritus:	Velva Howard
Email:	ellicottcity50pluscouncil@gmail.com

Center Council Notes

The Center Council would like to send out a heartfelt thank you to all of those who either donated or purchased books from their annual Book Sale in June. So many members look forward to this event and it was another wonderful success.

Council members are already hard at work planning the next Center fundraisers which will be the White Elephant Sale in August and a Summer Basket raffle. The winner of the Raffle Basket will be drawn during the Columbia Jazz Concert on September 8.

All proceeds from Council sponsored events go toward the great entertainment that is provided at no cost for Center members. Please be sure to support all of the Council efforts which includes monthly Bingo on the 4th Friday of the month.

White Elephant Sale

Held in the 50+ Fitness Center
August 21-23 from 9 am-3 pm
August 24 from 9 am-12 noon

Who doesn't love finding a one of a kind item or a great bargain? It's even a sweeter deal when you can do all that right here at the Center.



The Ellicott City 50+ Center Council is sponsoring a White Elephant Sale at the

end of August. Donations of clean, unused or gently used items will be accepted Monday and Tuesday, August 20 & 21. Welcomed items include knick-knacks, household items, small appliances, but please, no books, clothing or electronics. Your donation to this fundraiser is greatly appreciated.

Everyone is invited and encouraged to come and shop during the sale. Bring a friend and find a hidden treasure! All Council proceeds benefit programming at the Center.

Summer Raffle Basket

\$1 per chance

\$5 for 6 chances

One lucky person will be the winner of a large summer basket filled with gift cards and an assortment of summer essentials. Be sure to see a council member or check with front desk staff to buy your ticket. Winner drawn at the Columbia Jazz Concert on September 8.



Next Center Council meetings: July 9, August 13 and September 10 at 1 pm.
All are welcome.

Nutrition News



Lunch **Monday-Friday** **12 Noon**

Lunch is available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. The full cost of a regular meal is **\$4.36** and **\$5.79** for special meals. Members between the age of 50-59 years old are asked to pay the full cost of the meal.

The monthly lunch menu is available at the front desk. To join us for lunch, please sign up at least **3 days in advance** in the lunch book located at the front desk. This provides us with the number of meals to order. Please call **410-313-1400** to cancel your lunch reservation.

Tasty Tidbits **Tuesday, July 10** Nuts for Coconuts **Tuesday, August 14** Truth on Juice **Tuesday, September 11** To Freeze or Not to Freeze **10-11 am**

Our Nutrition Specialist, Amy, cooks up a different tasty tidbit each month, complete with nutritional information and/or recipes. Stop by the lobby in the main building and whet your appetite with something new and healthy!

Blue Plate Specials

Thursday, July 19

Beef Brothers Sausage Sub

Wednesday, August 15

Luau Feast

Thursday, September 20

Winner, Winner, Chicken Dinner

Exciting things are happening in our kitchen! Once a month, we offer a special lunch option called the Blue Plate Special. Check the menu or a Blue Plate flier for the exact selection, as it changes each month. It may be a pre-determined price or lunch by donation. Either way, reservation with payment is required one week in advance. Lunch is always served at noon.



Mission: Nutrition!

Tuesday, July 10 at 12:15 pm

Farmer's Market Meals

Wednesday, August 29 at 12:15 pm

Why Water is So Important

Wednesday, September 26 at 12:15 pm

Virtual Grocery Store

Learn more about your nutrition from registered dietitians as this program makes its return to the main building of the Center. Join us on the date listed to get an in-depth look at some of the most current topics in nutrition.

Coffee Service

Monday-Friday

9 am-1 pm

The Center offers coffee service in the Great Room every morning. A donation box is provided and contributions are greatly appreciated.

Center Services

Personalized Easy Technology

Thursdays

Between 1-3 pm

30 minute appointments

Getting hung up on today's ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free 30-minute appointment by signing up at the front desk in the main building. A lap



top computer is available for use during this consultation. Should your question concern a different type of electronic device, please bring it with you to the appointment.

Ask the Pharmacist

11 am

Monday, July 23

Monday, August 27

Monday, September 24

Don Hamilton, P.D., Consultant Pharmacist, will provide the latest updates and important information about your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

Howard County Police Department

11 am

Tuesday, July 24

Tuesday, August 7

Tuesday, September 4

Andre Lingham, of the Howard County Police Department, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.

Needlework Club

Wednesdays

1-3 pm

Knitters, crocheters, fabric crafters and more come together to share their talents each week. Drop in on this fun and youthful group who happily share fellowship and friendly conversation.

Nutrition Counseling

Tuesday, July 10 at 1:15 pm

Wednesday, August 29 at 11 am

Wednesday, September 26 at 1:15 pm

Carmen Roberts, Howard County's Registered Dietician is available for individual counseling sessions to answer questions you may have about your diet. Four 15 minute appointments are available each month. Pre-register at the front desk.

Medicare: Protect Yourself

Protect Your Card

Tuesday, September 18

9 am

A State Health Insurance Program counselor will be at the Center to provide information and offer free card lamination. No appointment necessary.

Medicare Counseling (SHIP)

Wednesday mornings or

Thursday afternoons

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call **410-313-7392**.

Blood Pressure Screenings

Tuesdays

9 am-12 noon

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. Marie Ball, RN. *Sponsored by Howard County General Hospital.*



Center Services

Connect with Connections

August 3 at 10:45 am

Part I: Ceramics (Make)

September 7 at 10:45 am

Part II: Ceramics (Glaze Your Piece from 8/3)

Each month the staff and members of the Ellicott City Connections Social Day program invite you to join in one of their planned activities. Advanced sign up at the Front Desk is required to ensure adequate seating.

A Moment to Remember

Thursday, August 30

10:30 am

Join us on Grief Awareness Day for a commemorative hour as we remember those who have touched our lives and are no longer with us, including our beloved pets. Participate in quiet reflection, live music and conclude with a group activity. Light refreshments served. To register, call Elaine Widom by August 27 at **410-313-7353**.

Play Chess

Tuesdays

10 am

Instructor and Chess enthusiast, Gene Crawford, can be found in the Center's Great Room to instruct and play the game. If you're looking to learn the basic fundamentals of the game of chess or just play, drop by!

Book Club

Wednesday, July 25 at 1 pm

The group will discuss "*The Residence: Inside the Private World of the White House*" by Kate Andersen.

Wednesday, August 22 at 1 pm

The group will discuss "*The Devotion of Suspect X*" by Keigo Higashino.

Wednesday, September 26 at 1 pm

The group will discuss "*The Power of One*" by Bryce Courtenay.

Documentary Day

Held in the 50+ Fitness Center

Monday July 30 at 1 pm

Mediums: We See Dead People

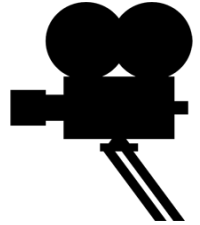
Monday August 27 at 1 pm

America: The Story of Us - Millennium

Monday September 24 at 1 pm

The World Without America

Don't miss the opportunity to learn new things or take in a fascinating topic. You know that old saying, "You're never too old to learn." Come join us!



Picture This

Tuesday

August 28

September 25

Between 11 am-1 pm

30 minute appointments

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone, but haven't figured out how to take pictures with it? Sign up at the front desk for a free 30 minute appointment for help with your digital SLR camera or your smart phone. Bring whatever picture-taking device you have with you to the appointment.

B Games

Mondays

10:30-11:30 am

Drop in for an hour of some entertaining game action! Engage in team-play for Brain Busters to see if your trivia knowledge reigns supreme, try your hand at Wii Bowling, roll some dice or create words from a set of jumbled letters. A guaranteed hour of friendly fun.

Bunco July 2 - August 6
Brain July 9 - August 13 - Sept 10

Busters
Bowling July 16 - August 20 - Sept 17
Boggle July 23 - August 27 - Sept 24

Center Events

Take a Trip with Rec & Parks

Tuesday, July 3

Tuesday, September 4

12:15 pm

Looking for your next adventure? Stop in to hear about the latest trips being organized through Howard Co Rec & Parks Department.

George Garris & Friends

Thursday, July 12

12:30 pm

Classic Country Rock at it's finest, join George and his good old boys as they sing and jam to some oldies but goodies from days gone by!

Tim Amann Performs

Thursday, July 19

12:30 pm

Tim's live set list includes tons of 50's, 60's & 70's hit songs from Ricky Nelson and Elvis to the Beatles, the Beach Boys plus some pleasant surprises like Johnny Rivers and Patsy Cline and Bobby Darin.

At the Opera House

"Opera Goes to HELL"

Part 1- Faust

Friday, July 20

12:30 pm

At The Opera this month will initiate a special 3-part series called, "Opera Goes To Hell". These three operas share a common theme: Faust's bargains with the devil. Satan is invoked by Faust to give him youth, adventure, and romance. In return, Mephistopheles contracts to take Faust's soul to hell when he dies. Some of the most beautiful and powerful music in opera is contained in these productions. One of these devilishly good operas is Frenchman, Charles Gounod's unforgettable Faust. Composed in 1859, it premiered in Paris, France, and at one point was one of the most frequently performed operas in the repertory. Nowadays, it is somewhat less frequently performed but remains a very popular opera throughout the world.

Baltimore Enters the Industrial Age Baltimore Museum of Industry

Wednesday, July 25

12:30 pm

In this presentation, we survey the very roots of our very own Baltimore as a center for commerce, business and industry. When the 19th century opened, a few villages destined to become Baltimore were modest centers of trade. Many Immigrants flowed in, village centers merged and Baltimore became an important business and industry center. Always and throughout the 19th Century, the Port of Baltimore was the focal point for nearly all of this growth.

Carroll County Cloggers

Thursday, July 26

12:30 pm

The Carroll County Cloggers are the longest continuously active clogging group in Maryland. They are a non-competitive contemporary group who do line dancing that does not require a partner. Contemporary clogging today is less improvised and more complicated than the simple folk dances done in our early history. Some new influences come from multiple styles of dance such as tap dancing, Canadian step dancing, Irish hard shoe, even street dancing and hip-hop.

Bingo/Pizza Day

Fridays

July 27, August 24 & September 28

10:30 am - Cost: \$4 Bingo

The Center Council invites you to a morning of Bingo followed by a pizza lunch. The grand prize is generously provided by our friends at "***Heartlands Senior Living***". You can take part in either activity but if you plan to stay for lunch, please sign up and pay at least one week in advance. A suggested donation of \$5.79 is for pizza. **Bingo is always the 4th Friday of each month!**

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Center Events

Kangaroo Kids **Wednesday, August 1** **12:30 pm**

Kangaroo Kids is a precision jump rope team from Howard County, Maryland. Their rope jumping is choreographed to contemporary and traditional music, where every foot jumps in unison and every rope hits the floor simultaneously. This unique combination of exercise and dance is enjoyable to perform and exciting to watch.



Julie Hall and Company Sings **Wednesday, August 8** **12:30 pm**

Stop by for an afternoon of sweet, sweet music as Julie and her lovely daughter perform some of the greatest hits from days gone by. Her genre includes the soulful songs of jazz. Julie began performing in her youth, forming her own Top 40 Band at 15 in her native Baltimore. By 18, she had worked with the group Sister Sledge and recorded the theme for a PBS television production, all while continuing to cultivate her stage presence, appearing in musical theater.

At The Opera House **"Opera Goes to HELL"** **Part 2- Damnation of Faust** **Friday, August 17** **12:30 pm**

At the Opera house features, Frenchman Hector Berlioz composed "**Damnation of Faust**" in 1846. This opera is rarely performed, and the few productions available today are either concert versions (with only singers and orchestra - no scenery, sets, costumes, etc.), or, when fully staged, have tended to be rather avant-garde, idiosyncratic productions. This is the version I have (which is now out of print) and features a strong cast of outstanding singers. This is not a traditional production, but rather an unorthodox staging and it's sublimely beautiful music.

John Dove **Financial Planner** **Tuesday, August 21** **11 am**

Rules of the Road:

John Dove will cover 10 principles of investing that can help you achieve your goals and avoid common investing mistakes. John Dove is a Financial Advisor with Edward Jones. Prior to joining Edward Jones, he owned a small business as a fourth generation farmer in Western Howard County. It was at the farm that he developed his strong work ethic, and desire to help families prepare for their future.

Frank and Trish Curreri Perform **"Country Roads"** **Thursday, August 23** **12:30 pm**

This fabulous duo are not to be missed! If you haven't had the pleasure of hearing them sing, come out for an hour of really great music. Their country set Almost Heaven, is a musical journey to heavenly heights with great country songs and a tribute to the stars of American Country music from 1950—2000.

Travel Talks **Friday, August 31** **Friday, September 28** **1 pm**

Debbie Richmond and Andy Lunt, travel experts, will present topics that cover travel tips for the 50+ crowd and deals on last minute 2018 Summer Sales. If you're looking for travel companions or are a single traveler, check out the travel groups you can join to connect with fellow travelers. Five good reasons to use a Travel Consultant include, Personalized Planning, Global Connection, Travel Expertise, Value for the Money, VIP Treatment, and Peace of Mind. ***Go ahead - Enrich Your Life With Travel***

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Center Events



Live in Concert
Columbia Jazz Band
Saturday, September 8
2 pm
Free

For the first time at the ECity 50+Center, this talented group of jazz performers will entertain us with the sounds of Big Band music. They play a wide variety of songs from Glenn Miller and beyond. Tickets will be available starting Monday, August 6. Seating is limited.

Karen Basinger, MS, CFCS, LDN
"Eating for Healthy Bones"
Wednesday, September 12
1 pm

Karen Basinger from Family Consumer Sciences University of Maryland Extension, Howard County will be on site to discuss the latest tips, trends and reports on eating for healthy bones.

History series with Gary Kavanagh
Catastrophe and Its Aftermath:
World War II

Friday, 11 am

September 14 - October 5

(This program held in the 50+ Fitness Center)

Week 1

Totalitarianism and Appeasement- 1933-1939

Week 2

The Great, Patriotic War of Survival- 1939-1945

Week 3

Peace and the Cold War 1945-1950

Week 4

The Dominoes Begin to Fall 1950-1953

This series begins where his last series on WWI ended and examines the causes of World War II, the major battles, the tenuous peace and the Communist threat. Why was the world plunged into catastrophe just 20 years after the War to End All Wars. The origins and beginning years of the struggle between Liberal Democracy and Communism are analyzed.

John Dove
Financial Planner
Tuesday, September 18
11 am

Diversify your Income Stream:

John Dove will discuss the three basic types of income that may play a role in your investment portfolio/variable, reliable and rising. John Dove is a Financial planner with Edward Jones.

At The Opera House
"Opera Goes to HELL"
Part 3 - Mefistofele
Friday, September 21
12:30 pm

At the Opera House continues with It's finale, the magnum opus of Faustian operas, Arrigo Boito's, "**Mefistofele**". It will end our trilogy, concluding our operatic journey to hell, and back. Composed in 1869 and premiered at Milan's La Scala theater, *Mefistofele* is, in my opinion, an underrated, less well known opera only infrequently performed today. Few basses in the world today are up to the challenges of this role. This production, by the San Francisco opera, starred, arguably, the most famous basso of the 1980s and '90s who is well known for this iconic role which he has made "his," Samuel Ramey.

Live in Concert
Patsy's Honky Tonk
Torch & Twang
Tuesday, September 25
12:30 pm

Country music at it's finest! Do not miss this opportunity to enjoy some good old country music. Patsy and her crew will be here live in concert to entertain the crowd country style. This band mixes it up with some other styles thrown in for good measure, a little Western swing, some Rockabilly, a couple of Jazz standards, and plenty of Patsy Cline!

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Center Classes

Medicare 101

Monday, July 23

10-11:30 am

Held in the 50+ Fitness Center

Did you recently enroll in Medicare or soon will? Do you help someone who has Medicare as their health insurance? This presentation covers how Medicare Parts A, B and D work, what the benefits are, and when you should make decisions related to your coverage.

Pre-register at **410-313-7389**.

Medicare 102

Monday, July 30

10-11:30 am

Held in the 50+ Fitness Center

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies. Understand how the different Medigap plans work, how they are priced and know when the best time is to enroll. Hear about how to protect yourself and Medicare from health care fraud. Pre-register at **410-313-7389**.

Medicare Refresher

Monday, August 6

10-11:30 am

Held in the 50+ Fitness Center

Understanding different types of coverage available to you and what you should consider when comparing options? Get a better understanding of the two paths to Medicare coverage (Original Medicare vs. Medicare Advantage) including when you can make changes, key resources, assistance programs and how to protect yourself from Medicare fraud. Pre-register at **410-313-7389**.

Piano, Voice, Ukulele or Guitar Lessons

By Appointment with Diane or Ray

\$37 per lesson

Sign up to get one-on-one instruction with our fabulous instructors. Stop by the Front Desk for information on how to sign up.

Spot Energy Healings

Wednesdays between 1-2:15 pm

Cost: \$10 for 15 minutes

Spot energy healings are specific to each person, focusing on areas of the body which need the most attention. Whether you need pain relief, a calm and quiet mind, a relaxed body, or need to feel more energized, these 15-minute spot energy healings can make a big difference. All Spot Energy Healings are done fully clothed, and seated in a chair by Sharon Sirkis, Reiki Master. To make an appointment call, 410-730-1986. For medical issues, please consult your personal physician.

Genealogy

with Bill Amos

Wednesday

10 am-12 pm

Held in the 50+ Fitness Center

July 11- Working the Census

You may be surprised at how much censuses can tell you about your ancestors. We will discuss how to access censuses online.

August 8 - Love and marriage

You've got the marriage record. It includes the names and dates. But that isn't very romantic. What was their story? Where did they meet?

September 12 - Resemblances

This is a NOT too scientific look at genetically transmitted features tending to occur among members of a family usually by heredity.



Real Estate Tips

with Karen Gatzke

Thursdays at 1 pm

July 19 - Learn how to choose the best realtor for you.

August 16 - What next home is best for you? Questions you should ask when considering a condo or senior living community

September 13 - Decluttering tips and how to get the best price for your home with inexpensive sprucing up.

Center Classes

Intermediate Bridge Class

Held in the 50+ Fitness Center

If you have taken a previous Bridge classes and want to learn more or are an experienced player but would like to improve your skills in bidding and play of the game, this class is for you. No beginners please! Limited enrollment.

Tuesday 1-3 pm
July 17-August 7 4 classes for \$43
(AO2499.801)

Card Crafting with Diane

Friday, September 14

Fall Theme

1:30-3:30 pm

Cost \$10 per class + supply fee

All level paper crafters will enjoy creating handmade all occasion greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Please register one week prior to the start of class to assure supplies.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

The Wisdom of the Enneagram

Tuesday, September 18-October 9
10 am-12 pm

Controversial Art

Tuesday, September 18-October 9
2-4 pm

Constantinople: Capital of an Ancient Empire

Wednesday, September 19-26
1-3 pm

Classes are held at Ellicott City 50+ Fitness Center. All registration is done through the college, and online at www.howardcc.edu. For more information, call HCC at **443-518-1000**.

Brain Training

Word Retrieval/Verbal Organization

Join Speech Language Pathologist, Julie Rowlett, as she explores improving your brain health! In a small group setting, focus on individualized techniques & strategies and participate in engaging games and exercises that will strengthen essential cognitive processes. Discuss resources and tools for continued cognitive stimulation at home and in the community. Exercise your brain, and keep yourself intellectually active!



Tuesday 10 am
July 24-August 14 4 classes for \$43
(AO2622.800)

Line Dancing

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Class welcomes both men and women, and is taught by Ellen Laupus.

Monday 2:30 pm
July 9-September 17 10 classes for \$74
No class: 9/3 (AO2426.801)

Watercolor Classes

Master the fundamentals of drawing, shapes, values, textures and design. Learn how to use different tools and materials to create a natural landscape. Sign up at the Front Desk. For the supply list, call the instructor Anny Steensen at **240-841-4405**.

Beginner Watercolor

Fridays 10 am - 12 pm
August 17-September 21 6 classes for \$43
(AO2500.800)

Advanced Watercolor

Wednesday 10 am-12 pm
August 15-September 19 6 classes for \$43
(AO2500.801)

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.

50+ Fitness Center Lobby Hours:

Monday, Tuesday & Wednesday

8:30 am-7:30 pm

Thursday & Friday

8:30 am-4 pm

410-313-0727



- ♦ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ♦ Passes are established from the date of purchase.
- ♦ Refunds are not provided.
- ♦ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged.

Personal Training

Looking for one-on-one inspiration or a work-out tailored to fit your needs? Sign up for Personal Training. A physical assessment will occur during the first session. See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks. It provides more locations for your 50+ work-out. It includes unlimited use of the fitness equipment rooms at:

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075

Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042

Mon-Wed 8:30 am-7:30 pm & Thur-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723

Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723

Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043

Mon-Friday 6 am-10 pm

Sat 7 am-10 pm & Sun 7 am-9 pm

Fitness Equipment Room Schedule

Day	Available Time
Monday	Open: 8:30 am-7:30 pm
Tuesday	Open: 8:30 am-7:30 pm
Wednesday	Open: 8:30 am-7:30 pm
Thursday	Open: 8:30 am-4 pm
Friday	Open: 8:30 am-4 pm

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free with prior sign-up at the Fitness Center front desk.

Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated.

50+ Fitness Center

Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 11:45 am		5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning	Reserved for Non-Pass Programs	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga			Boot Camp	Power
Wednesday	Power	Zumba Gold Toning			Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga			<i>All classes listed here are a part of the Exercise Quarterly Pass. Take one or take them all!</i>	
Friday	Floor, Core & More	Kickboxing	Power			



Group Exercise Quarterly Passes

\$125 for 3 Month Pass OR \$5/class Drop-In Fee

This package allows you to participate in any or all of the 17 classes on the weekly Pass Class schedule listed above. Instructors show high and low options and teach to mid-level intensity. **Participants should be able to get up and down off the floor and walk without assistance to derive maximum benefit from these classes.**

Group Exercise Class Descriptions

Boot Camp - Laced with motivation, this class torches calories, cranks up metabolism, changes bodies, and improves quality of life. Build confidence with cardio and strength moves while focusing on effective and safe movements that are appropriate and effective for the active aging population.

Floor, Core & More - This class targets the most challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class is predominantly done on the floor. Mat required.

Gentle Yoga - Build strength through gentle yoga stretches and strengthening exercises. Yoga also helps build bone density and range of motion. Class is predominantly done on the floor. Mat required.

Kickboxing - Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardiovascular fitness. Class done at low-impact level.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up, along with use of hand held weights, to help improve body composition and increase lean muscle mass.

Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

Zumba Gold Toning - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies. Sticks available for purchase through instructor.

Pay by Session Exercise Classes

Register early! Classes in progress may be full. Inquire at the front desk.
All classes are scheduled to run between 45 and 55 minutes in duration.

Qi Gong

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

Friday **9:30 am**
July 20-September 21 10 classes for \$57
(A02406.801)

Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility & balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair.

Monday & Wednesday **10 am**
July 9-September 19 21 classes for \$89
No class: 9/3 (A02421.801)

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Those participants under age 60 pay the fee listed below. A pre-screening is required by calling Jen Lee at **410-313-5940**.

Tuesday & Thursday **10 am**
July 10-September 20 21 classes for \$67
No class: 9/4 (A02413.801)

Functional Fitness

Take a class that gives you a workout to be better prepared for real life situations. Train specific muscles to help you do every day activities safely. Focus on stretching, balance and muscle tone.



Monday **3:30 pm**
July 9-September 17 10 classes for \$43
No class: 9/3 (A02425.802)

Friday **11 am**
July 13-September 21 11 classes for \$47
(A02425.801)

Agewell Aerobics

Learn basic cardio combinations in an easy to do format, burn calories, increase cardiovascular endurance, tone, build lean muscle tone and bone density. End each class with strength exercises and stretches. Class is partially funded by HoCo General Hospital.

These are the only Pay by Session classes held in the 50+ Fitness Center.

Monday & Wednesday **11 am**
July 9-September 19 21 classes for \$57
No class: 9/3 (A02400.801)

Tuesday & Thursday **11 am**
July 10-September 20 22 classes for \$59
(A02401.801)

Payment for "Pay by Session" classes may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>. Account must be established before registration is accepted.

Pay by Session Exercise Classes

***In person registration by lottery draw. Arrivals after 8:30 am receive higher draw.
For walk-in or phone-in, we accept registration for those residing in your household.***

Silver Warriors

This new class offers a holistic approach to senior self-defense techniques. Increase flexibility, stamina, and mental alertness; improve coordination, balance, postural health, and air/blood flow through practice of katas/ karate forms. This class can be done from a seated or standing position.

Thursday 9 am
July 12-September 20 11 classes for \$62
(A02433.801)

T'ai Chi Chih

Experience a moving meditation practice to help enhance your health and peace of mind. Class involves specific stand alone movements that are slow and gentle to help balance "chi" energy in the body. (Late enrollment not advisable.)

Wednesday 3 pm
July 18-September 19 10 classes for \$57
(A02429.801)

Seated Strength

Explore a variety of strengthening and functional stretching exercises designed to increase range-of-motion, strength and endurance. Strength training helps increase muscle mass, metabolism and strengthens bones and joints. Weights, bands and tubes may be used from the chair or using the chair for support.



Monday & Wednesday 12:30 pm
July 9-September 24 20 classes for \$85
No class: 8/15, 9/3, 9/19 (A02408.801)

Agewell Seated Aerobics

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance. A great choice for those looking for a workout from a seated perspective.

Tuesday & Thursday 12:30 pm
July 10-September 20 21 classes for \$57
No class: 9/4 (A02403.801)

Balance "4" All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

Monday & Wednesday 1:30 pm
July 9-September 19 21 classes for \$89
No class: 9/3 (A02405.801)

Tuesday & Thursday 2:30 pm
July 10-September 20 21 classes for \$89
No class: 9/4 (A02405.802)

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper technique for exercising within your limitations will be taught so you can attain better fitness.

Tuesday & Thursday 1:30 pm
July 10-September 20 21 classes for \$89
No class: 9/4 (A02404.801)

**Registration for summer classes opened on Friday, June 8, 2018.
Registration for fall classes will open Friday, September 7 at 8:30 am in-person & on-line.**

Monthly Schedule

Ellicott City 50+ Center Events & Class Start Dates at a Glance



July

July 2	Bunco, 10:30 am
July 3	Trips with Rec & Parks, 12:15 pm
July 4	CENTER CLOSED, Independence Day
July 9-12	Summer Dance & Pay-by-Session Exercise classes begin
July 9	Brain Busters, 10:30 am
July 9	Center Council meeting, 1 pm
July 10	Tasty Tidbits, 10 am
July 10	Mission Nutrition, 12:15 pm
July 10	Nutrition Counseling, 1:15 pm (Advanced sign up required)
July 11	Genealogy, 10 am
July 12	George Garriss & Friends, 12:30 pm
July 16	Wii Bowling, 10:30 am
July 17	Intermediate Bridge Class begins, 1 pm (Advanced sign up and payment required)
July 19	Blue Plate Special, Noon Beef Brothers Sausage Sub (Advanced sign-up and payment required)
July 19	Tim Amann performs, 12:30 pm
July 19	Real Estate Tips, 1 pm
July 20	At the Opera House, 12:30 pm
July 23	Medicare 101, 10 am (Pre-register 410-313-7389)
July 23	Boggle, 10:30 am
July 23	Ask the Pharmacist, 11 am
July 24	Brain Training Module begins, 11 am (Advanced sign-up and payment required)
July 24	Ho Co Police, 11 am
July 25	Book Club, 1 pm
July 25	Baltimore Museum of Industry, 12:30pm
July 26	Carroll County Cloggers, 12:30 pm
July 27	Bingo, 10:30 am
July 27	Pizza Day (Advanced sign-up and payment required)
July 30	Medicare 102, 10 am (Pre-register 410-313-7389)
July 30	Documentary Day, 1 pm

August

Aug 1	Kangaroo Kids, 12:30 pm
Aug 3	Connect with Connections, 10:45 am
Aug 6	Medicare Refresher, 10 am (Pre-register at 410-313-7389)
Aug 6	Bunco, 10:30 am
Aug 7	Senior Day at the Fair, 10 am-3 pm, Ho Co Fairgrounds
Aug 7	Ho Co Police, 11 am
Aug 8	Genealogy, 10 am
Aug 8	Julie Hall & Company sing, 12:30 pm
Aug 13	Brain Busters, 10:30 pm
Aug 13	Center Council meeting, 1 pm
Aug 14	Tasty Tidbits, 10 am
Aug 15	Advanced Watercolor Class begins, 10 am (Advanced sign-up and payment required)
Aug 15	Blue Plate Special, Noon Luau Feast (Advanced sign-up and payment required)
Aug 16	Real Estate Tips, 1 pm
Aug 17	Beginner Watercolor Class begins, 10 am (Advanced sign-up and payment required)
Aug 17	At the Opera House, 12:30 pm
Aug 20	Wii Bowling, 10:30 am
Aug 21	Financial Planner Talk, 11 am
Aug 21-24	White Elephant Sale (Tue thru Thur 9-3 pm, Fri 9-12 pm)
Aug 22	Book Club, 1 pm
Aug 23	Frank & Trish Curreri, 12:30 pm
Aug 24	Bingo, 10:30 am
Aug 24	Pizza Day (Advanced sign-up and payment required)
Aug 27	Boggle, 10:30 am
Aug 27	Ask the Pharmacist, 11 am
Aug 27	Documentary Day, 1 pm
Aug 28	Picture This, 11 am
Aug 29	Nutrition Counseling, 11:15 am (Advanced sign-up required)
Aug 29	Mission Nutrition, 12:15 pm
Aug 30	Moment to Remember, 10:30 am
Aug 31	Travel Talks, 1 pm

Clip and Save for Reference



Monthly Schedule

Ellicott City 50+ Center Events & Class Start Dates at a Glance

September



Sept 3	CENTER CLOSED, Labor Day
Sept 4	Ho Co Police, 11 am
Sept 4	Trips with Rec & Parks, 12:15 pm
Sept 7	Fall Program Registration opens, 8:30 am in-person & on-line
Sept 7	Connect w/Connections, 10:45 am
Sept 8	Columbia Jazz Band, 2 pm
Sept 10	Brain Busters, 10:30 am
Sept 10	Center Council meeting, 1 pm
Sept 11	Tasty Tidbits, 10 am
Sept 12	Genealogy, 10 am
Sept 12	Eating for Healthy Bones, 12:30 pm
Sept 13	Real Estate Tips, 1 pm
Sept 14	History Series begins, 11 am
Sept 14	Card Crafting class, 1:30 pm (Advanced sign-up and payment required)
Sept 17	Wii Bowling, 10:30 pm
Sept 18	Medicare; Protect your Card, 9 am
Sept 18	Financial Planner Talk, 11 am
Sept 18	HCC class begins (see page 12)
Sept 19	HCC class begins (see page 12)
Sept 20	Blue Plate Special, Noon Winner, Winner Chicken Dinner (Advanced sign-up and payment required)
Sept 21	At the Opera House, 12:30 pm
Sept 24-28	Open House, 10 am-2 pm
Sept 24	Boggle, 10:30 am
Sept 24	Ask the Pharmacist, 11 am
Sept 24	Documentary Day, 1 pm
Sept 25	Picture This, 11 am
Sept 25	Patsy's Honky Tonk Torch and Twang, 12:30 pm
Sept 26	Mission Nutrition, 12:15pm
Sept 26	Book Club, 1 pm
Sept 26	Nutrition Counseling, 1:15 pm (Advanced sign-up required)
Sept 28	Bingo, 10:30 am
Sept 28	Pizza Day, Noon (Advanced sign-up and payment required)
Sept 28	Travel Talks, 1 pm

Howard County 50+ Centers

Did you know that your 50+ Center membership is good at all of the seven Howard County 50+ Centers listed below? Feel free to view each Center's newsletters on line at: www.howardcountymd.gov/50pluscenters to see the variety of programs and events held at each location. Acquaint yourself with how each Center accepts activity sign-up and start enjoying all the benefits of your 50+ Center membership.



Bain 50+ Center

5470 Ruth Keeton Way, Columbia MD 21044
410-313-7213

East Columbia 50+ Center

6600 Cradlerock Way, Columbia MD 21045
410-313-7680

Elkridge 50+ Center

6540 Washington Road, Elkridge MD 21075
410-313-5192

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042
410-313-1400

Glenwood 50+ Center

2400 Route 97, Cooksville MD 21723
410-313-5440

Longwood 50+ Center

6150 Foreland Garth, Columbia MD 21045
410-313-7217

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel MD 20723
410-313-0380



Daily Schedule

Monday		
TIME	PROGRAM	BLDG
8:30am-12noon	Billiards (Mon thru Fri)	MB
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
10-10:45am	Chair Yoga \$	MB
10am-12noon	Painting Together	MB
10:30-11:30am	B Games	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Seated Strength \$	MB
12:30-3:30pm	Open Bridge	MB
12:30-4pm	Pinochle (Mon thru Fri)	MB
1-4pm	Table Tennis	FC
1:30-2:15pm	Balance for All \$	MB
2:30-3:30pm	Line Dancing \$	MB
3:30-4:15pm	Functional Fitness \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Tuesday		
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Mah Jongg	MB
9am-12noon	Blood Pressure	MB
10-10:45am	Better Balance \$	MB
10am-12noon	Chess Club	MB
11-11:45am	Agewell Aerobics \$	FC
11am-1pm	Picture This (monthly)	MB
12noon-4pm	Painting Together	MB
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-4pm	Drop-In Games	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance for All \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Wednesday		
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Kings & Queens Bridge	MB

Wednesday (continued)		
TIME	PROGRAM	BLDG
9am-12noon	Medicare Counseling	MB
10-10:45am	Chair Yoga \$	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Seated Strength \$	MB
1-2pm	Book Club (monthly)	MB
1-3pm	Needlework Club	MB
1-4pm	Table Tennis	FC
1-4pm	Painting Together	MB
1:30-2:15pm	Balance 4 All \$	MB
3-4pm	T'ai Chi Chih \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Thursday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9-10am	Silver Warriors \$	MB
9am-12noon	Painting Together	MB
10-10:45am	Better Balance \$	MB
10am-12noon	Men's Forum	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-3pm	Personalized Easy Tech	MD
1-4pm	Medicare Counseling	MB
1-4pm	Drop-In Games	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance 4 All \$	MB
Friday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10 & 11am	Exercise Pass Classes \$	FC
9:30-10:15am	Qi Gong	MB
11-11:45am	Functional Fitness \$	MB
12:30-3:30pm	Open Bridge	MB
1-4pm	Table Tennis	FC
Building Key	MB= Main Building FC=50+Fitness Center	

Noteworthy News

Why do I have to fill out a Center Membership form each year?

To remain an active member of a Howard County 50+ Center, annual membership renewal is required. The membership forms change slightly each year so it is important that we maintain accurate and up-to-date records for all of our members. Your cooperation is greatly appreciated.

SENIOR DAY AT THE FAIR!

Howard County Fair 2018

FREE ADMISSION for ADULTS 62+
Tuesday, August 7 • 10 am to 3 pm

VISIT the 4-H ACTIVITIES BUILDING for FUN THINGS to DO... RAIN or SHINE!

- Healthy Aging Programs
- Bingo, Games and Prizes
- County Services Information
- Demos and Entertainment



*First 100 Attendees
Receive a Summer
Goodie Bag!*

Mark your calendar!

50+EXPO 2018

**Friday,
October 19**

9 am - 4 pm



**Howard County Office on
Aging and Independence**

For more information, call 410-313-6410 (VOICE/RELAY) or visit www.howardcountymd.gov/aging
To request accommodations to participate, call 410-313-1234 (VOICE/RELAY) 10 days in advance.

ID Lanyards for Sale

Do you fumble through your purse or wallet trying to locate your Center ID card when you enter the building? Why not purchase a lanyard, complete with ID card holder, that will help make locating your ID card a snap! Throw it in your purse or keep it hanging around the car mirror. Beaded lanyards are available for \$5 or crocheted lanyards for \$3. Available at the front desk.

*Craft Vendors
Book Now For The*

**6th Holiday
Craft Boutique**

Friday, November 30

10 am-4 pm

Secure your table now!
Crafters are asked to
contact Vicki at
410-313-1421 to
secure a table for this
popular boutique.



Thanks for Understanding

The Ellicott City 50+ Center opened its doors as the Disaster Assistance Center (DAC) to help in the recovery from the 2018 Main Street flood. Thank you for understanding that some Center programs had to be cancelled and others moved to different rooms so that we could help serve those in need in our community!




Upcoming Adjusted Center Hours

Wednesday, July 4

Monday, September 3

Both Buildings **CLOSED** (Independence Day)

Both Buildings **CLOSED** (Labor Day)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Loin with Plum Sauce Brown Rice Oriental Veggies White Wheat Bread Apricot Halves Pineapple Juice	3 <u>SUPER SPECIAL</u> Cheeseburger Lettuce, Tomato & Onion Baked Beans Pepper Slaw Hamburger Roll Watermelon Apple Pie	4 JULY 4TH HOLIDAY CENTER CLOSED 	5 Chicken Breast with Onions & Mushrooms White & Wild Rice Green Bean Blend Dinner Roll Apple Slices Pineapple Juice	6 Roast Turkey with Gravy Mashed Potatoes Stewed Zucchini & Tomatoes White Wheat Bread Orange Apple Juice
9 Beef Stroganoff Buttered Noodles Navy Bean Salad Peas & Carrots White Wheat Bread Fruit Cocktail Orange Pineapple Juice	10 Chicken Breast in Cream Sauce Yellow Rice Pilaf Green Beans White Wheat Bread Diced Pears Orange Juice	11 Meatloaf with Onion Gravy Mashed Potatoes Seasoned Greens Carrot Salad White Wheat Bread Yogurt Pineapple Juice	12 Breaded Fish Sandwich Lettuce & Tomato Mixed Veggies Sandwich Bun Fruit Cocktail Orange Juice	13 Raisin-glazed Ham Penne Mac & Cheese Greek-style Salad Feta Cheese Garnish Mixed Veggies White Wheat Bread Pineapple Tidbits
16 Chicken Divan Casserole Brown Rice Pilaf Black-eyed Pea Salad White Wheat Bread Orange Apple Juice	17 Sloppy Joe Sandwich Dilled Carrots Pepper Slaw Hamburger Bun Cinnamon Apples	18 BBQ Pork Loin Broccoli Cheese Casserole Cuke & Tomato Salad White Wheat Bread Diced Pears	19 <u>BLUE PLATE SPECIAL</u> <i>Beef Brothers Deli</i> Sausage, Peppers & Onions Sub Sandwich Chips Watermelon Sign Up at Front Desk \$8.00	20 Swiss Steak with Mushroom Sauce Yellow Rice Pilaf Seasoned Greens White Wheat Bread Cherry Crisp Orange Juice
23 Baked Ham Penne Mac & Cheese Seasoned Green Beans Broccoli Slaw Dinner Roll Cranberry Juice	24 Turkey Tetrazzini Summer Blend Veggies White Wheat Bread Orange Fruit Punch	25 Hamburger Lettuce, Tomato & Onion Coleslaw Baked Beans Hamburger Bun Diced Pears	26 Chicken Salad Lettuce & Tomato Potato Salad 3-Bean Salad Sandwich Bun Mandarin Oranges Apple Juice	27 <u>PIZZA DAY</u>  Sign Up at Front Desk Suggested Donation \$5.79 Due at Sign Up
30 Meatloaf with Gravy Mashed Potatoes Sliced Carrots White Wheat Bread Applesauce Cranberry Juice	31 <u>SUPER SPECIAL</u> Pork Chop Dijon Yellow Rice Pilaf Peas & Pearl Onions Mandarin Oranges Dinner Roll Cherry Crisp	MILK SERVED DAILY UNLESS YOGURT IS OFFERED		
				

Why Should You Go to a Farmers Market?

- It's great exercise and you can get vitamin D from being outside
- You can learn more about local in-season produce and try new foods
- It's a great way to eat more fruits and vegetables
- You can get produce that is fresher, better tasting, and naturally ripe
- You can support local growers and get motivation to cook at home more



What can you make with your farmers market ingredients?

Open-Faced Fish Sandwich Dinner

1 fillet of fish, baked

1 slice whole grain toast

2 slices fresh tomatoes

1/2 teaspoon low-fat mayonnaise

Spread mayonnaise on toast. Assemble sandwich with toast on the bottom then fish and tomatoes on top. Serve with these items on the side to make a complete meal:

2 cups leafy green salad tossed with fresh lemon juice

1 potato made into oven fries with salt-free ketchup (bake sliced potato wedges for 20 minutes at 425 degrees)

1 cup fresh mint tea (boil fresh mint for one minute and then chill over ice)

Serves 1: 432 calories, 5.5 gm fat, 1.5 gm saturated fat, 0 gm trans fat, 43 mg cholesterol, 384 mg sodium, 10.5 gm fiber, 72 gm carbohydrate, 27 gm protein

Angel Hair Market Pasta

8 ounces angel hair pasta, dry

3 large ripe tomatoes (cored, halved and seeded)

1/2 onion, peeled and quartered

1/4 cup fresh chopped basil

Dash of garlic powder

Dash of dried oregano

4 tablespoons grated parmesan

1/4 teaspoon cracked black pepper

Cook pasta according to package directions. Drain and set aside. Meanwhile, preheat your oven broiler. Place tomatoes and onion side up in a large baking dish. Roast the vegetables under the broiler until skins turn very brown and blisters (about 10 minutes). Place herbs and onions into a food processor or blender. Puree briefly until basil is chopped fine then add the tomatoes and puree until almost smooth. Reheat sauce and toss with cooked angel hair pasta. Sprinkle grated parmesan and fresh cracked black pepper over the top of each.

Serves 4. Each 1-1/2 cup serving: 256 calories, 2.5 gm fat, 1 gm saturated fat, 0 gm trans fat, 4 mg cholesterol, 81 mg sodium, 47 gm carbohydrate, 2.5 gm fiber, 10 gm protein.